

# STAY HEALTHY THIS FLU SEASON!

Fight the flu by following these simple steps to protect yourself and others from the spread of germs.



**Get vaccinated** against the flu—it's your best protection from flu and its complications.



**Wash your hands** often with soap and warm water or use an alcohol-based hand sanitizer.



**Cover your mouth and nose** with a tissue or your sleeve—never use your hand.



**Don't touch your face**—keep your hands away from your mouth, nose and eyes.



**Clean surfaces** like phones, doorknobs, light switches, remotes and countertops often.



**Stay home** from work or school if you get sick to prevent spreading the flu to others.